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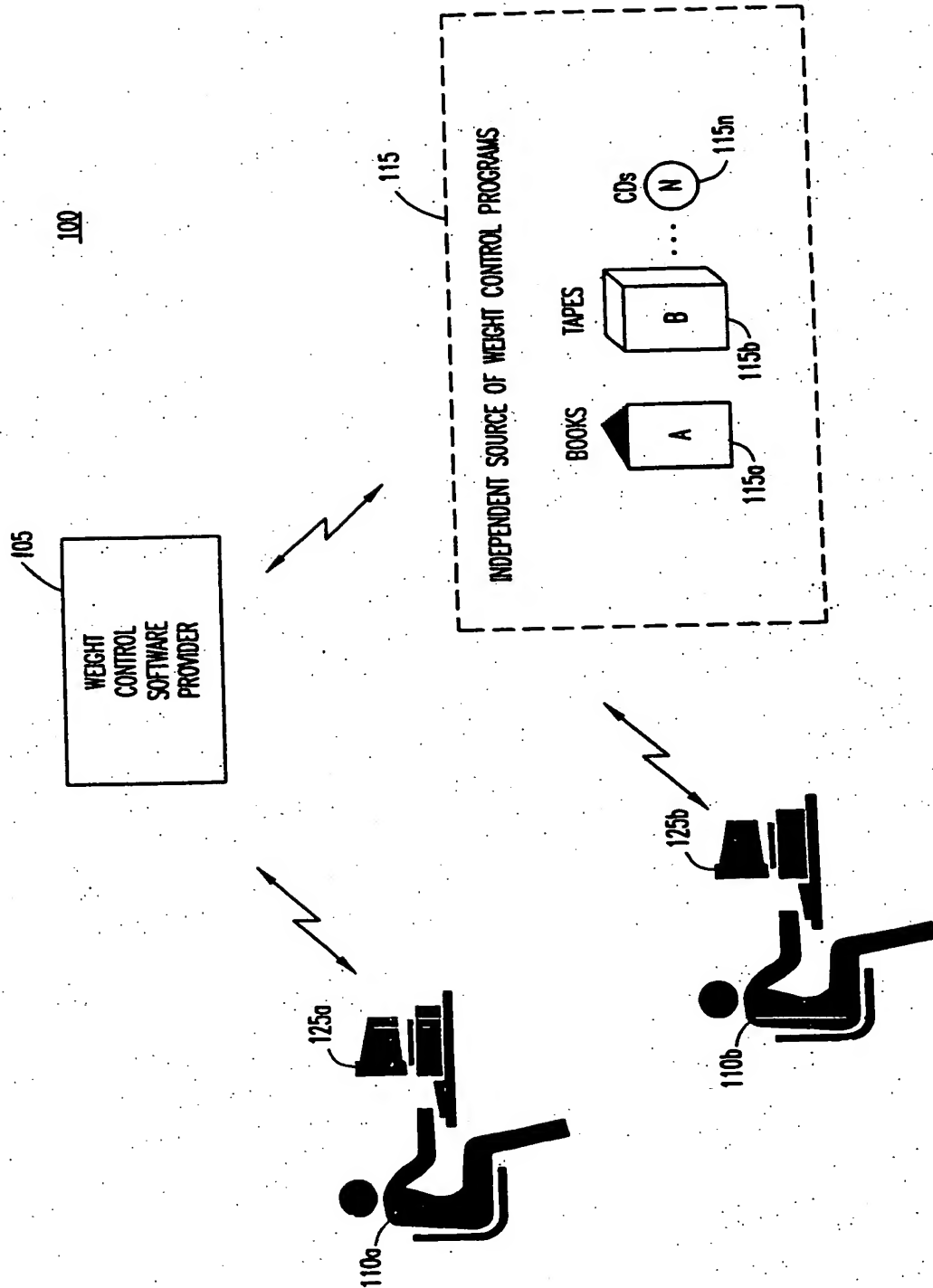


FIG. 1

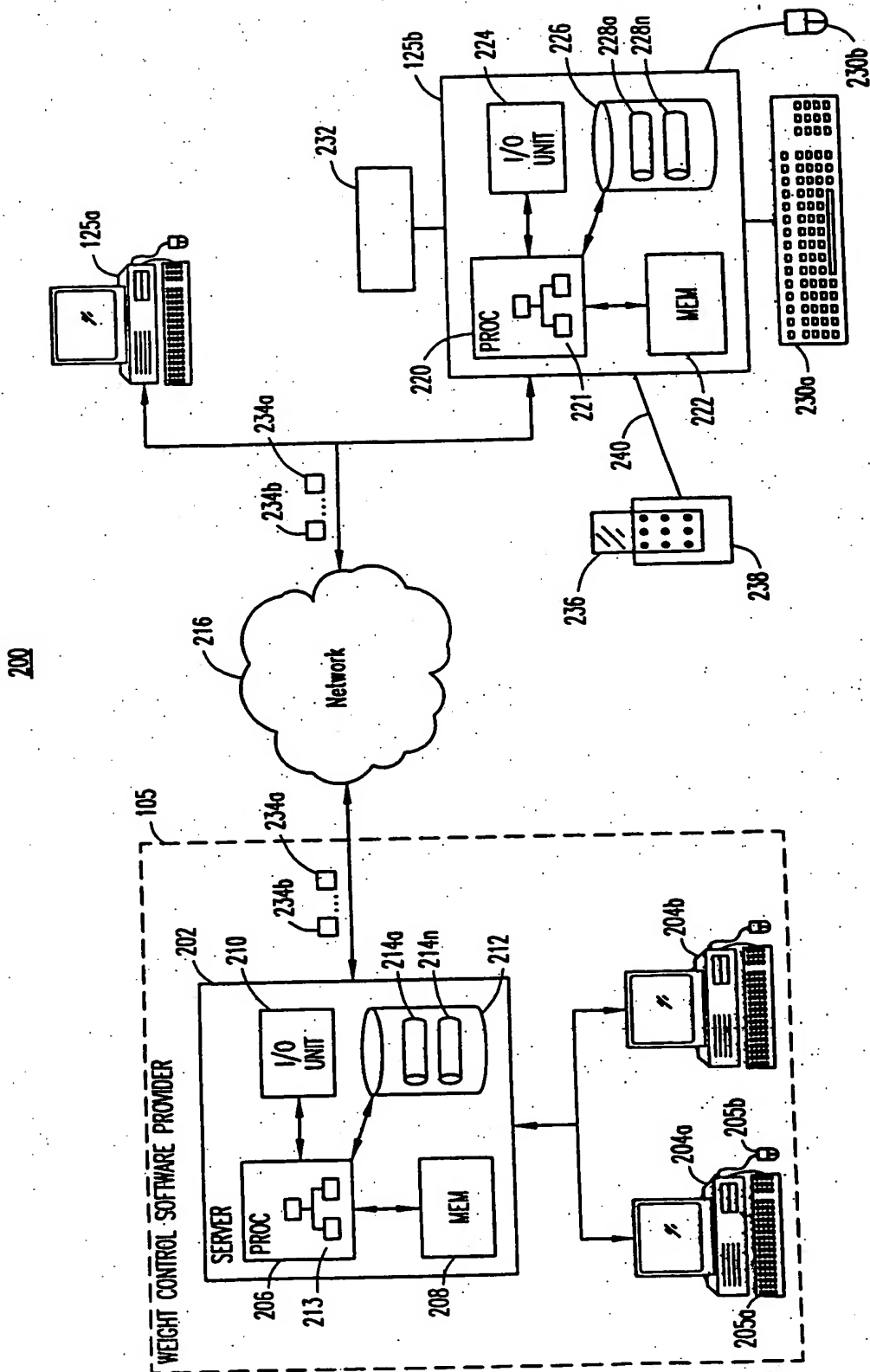


FIG. 2

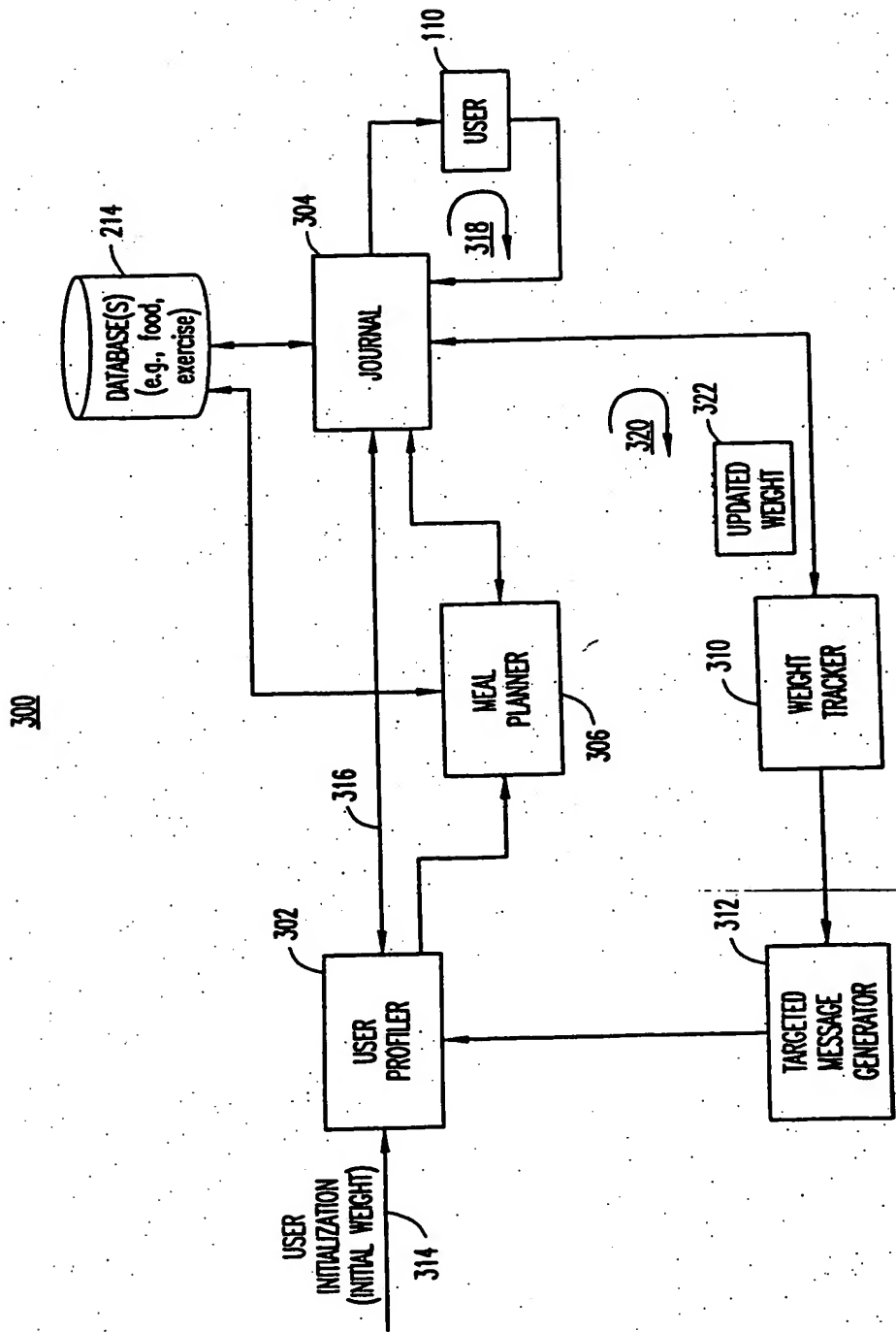


FIG. 3

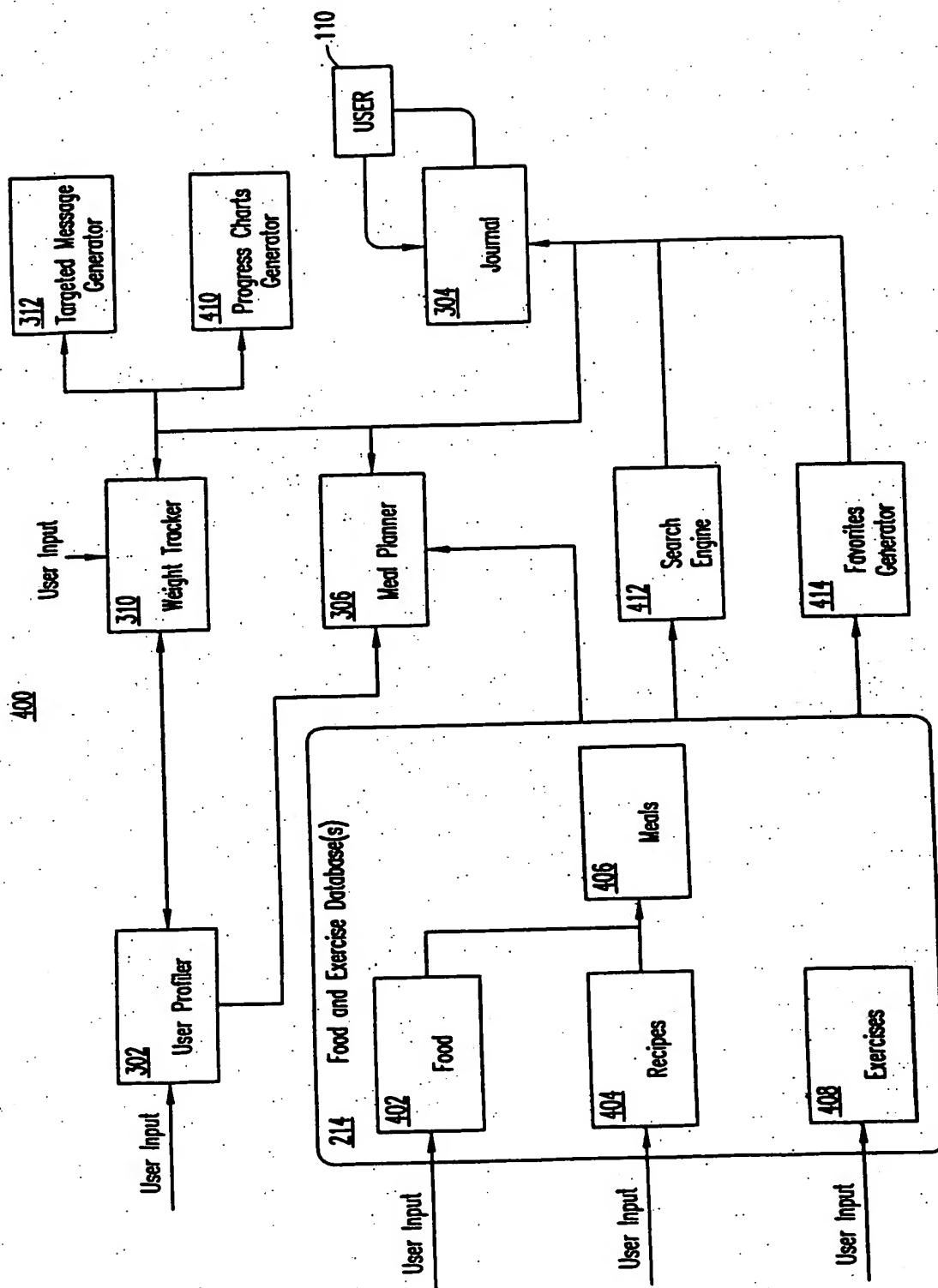


FIG. 4

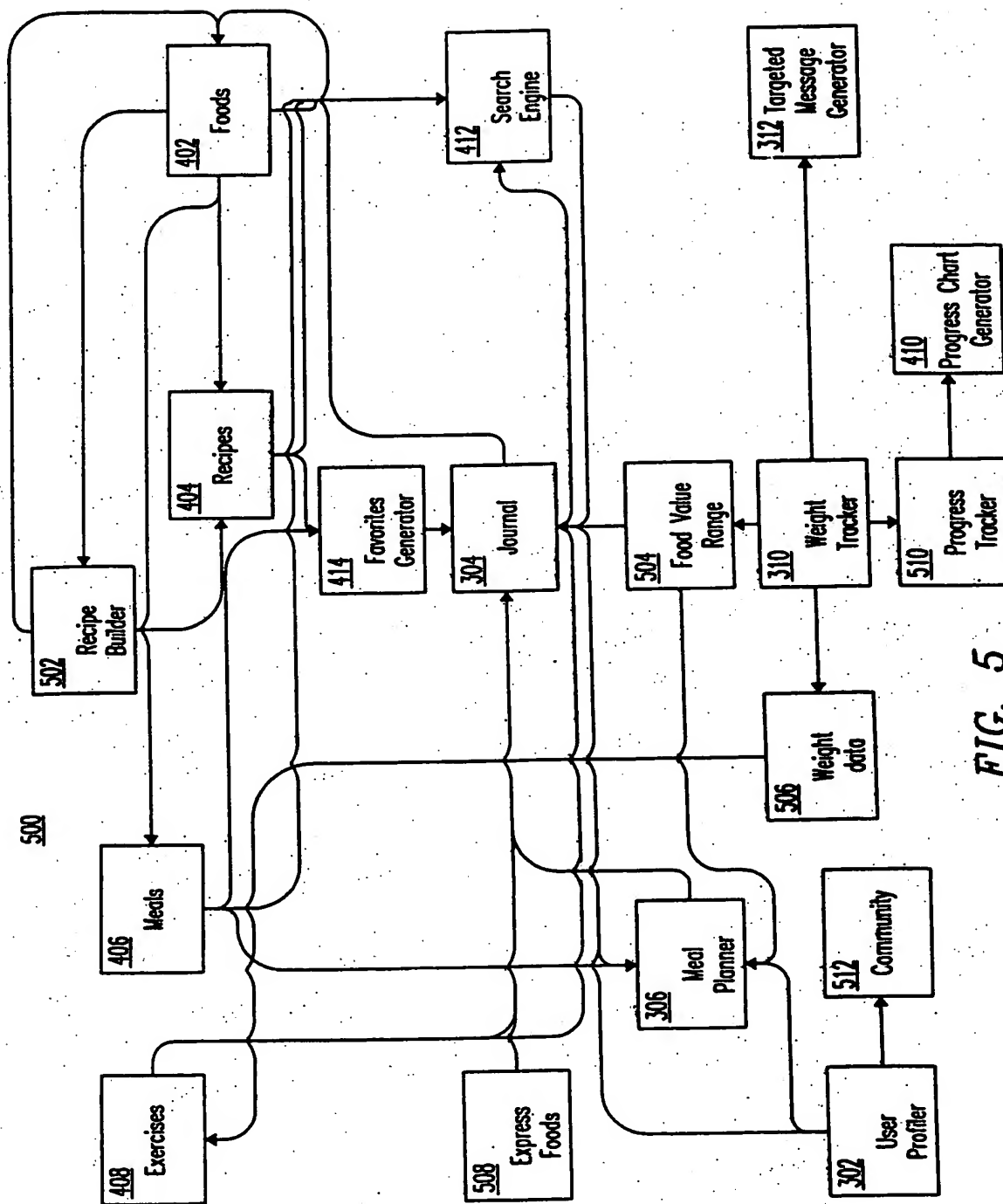


FIG. 5

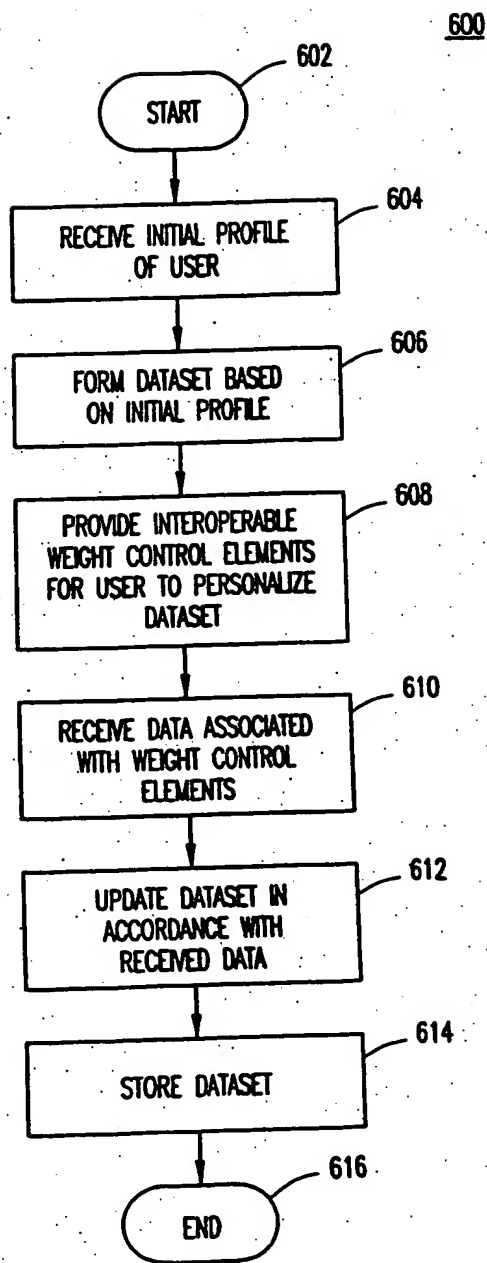


FIG. 6

7/28

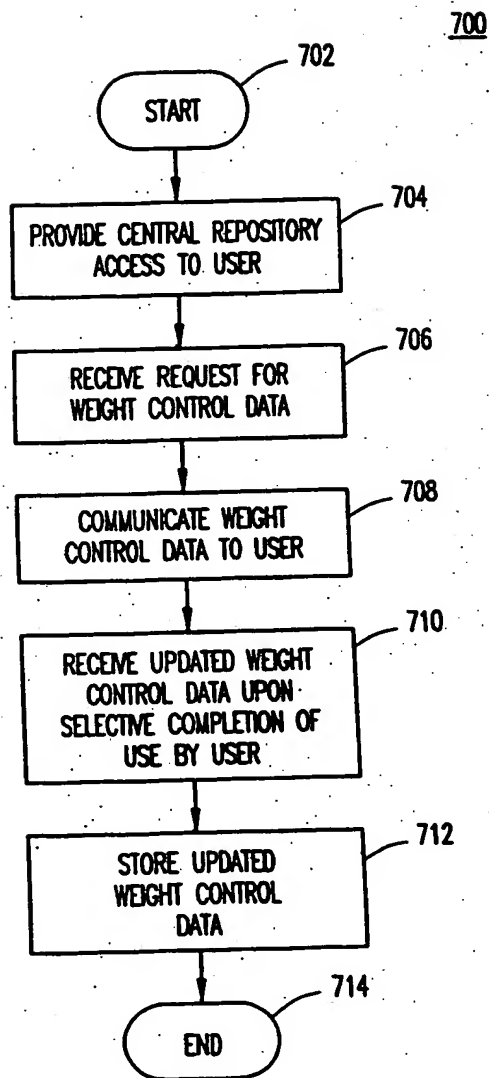


FIG. 7

8/28

800 802 → [find a meeting](#) | [about us](#) | [my profile](#) | [site map](#) | [help](#) [LOGIN](#)

806 → [home](#) | [the plan](#) | [community](#) | [success stories](#) | [food & recipes](#) | [healthy life](#) | [fitness](#) | [just for me](#) | [shop](#) 804 → [panic](#)

[Journal](#) | [Weight Tracker](#) | [Progress Charts](#) | [My Favorites](#) | [POINTS[®] Calculators](#) | [Assessment](#) | [Tools for Living](#) → 808

step 6 of 6 confirm your information

Please confirm that all details you entered are correct. Click the "make changes" link below to make corrections

Current Weight Information

Current Weight: 223lb
Height: 5'8"
Gender: M
Birthdate: 7/14/1966

Make changes to Weight Information

Personal Information	Other Characteristics
First name: John Last name: Smith Address: 1 MAIN ST. City: Anytown State: NY Zip code home: 12345 Zip code work: 12346 Country: United States Phone: (212) 555-1234 E-mail: jsmith@workplace.com	Altitude: Generally Happy Athletic: Yes Eye color: Blue Hair color: Brown
Receive Information: No E-mail Weight Loss Progress: No E-mail Format: text Profession: Professional (e.g., doctor, lawyer) Marital status: Single Number of children: 0 Lifetime Member: 98765 Meeting Member number: 98765	Other Demographics Race: Caucasian Religion: Catholic Ethnicity: Irish Blood type: A+
	Heath Restrictions None
	Desired Meal Plan Type Regular

Make changes to Personal Information

Payment Information

Credit Card: Visa
Credit card number: *****1111
Expiration date: 2/2002
Name as it appears on the card: John Q Smith
Billing Address: 1 MAIN ST.
City: Anytown
State: NY
Zip code: 12345

Make changes to Payment Information

Total Subscription Charges for

Monthly Fee: \$8.00 x 6=: \$48.00
Savings/Discount: \$0.00
Taxes: \$0.00
Total Charges: \$48.00

FIG. 8

9/28

900a

The screenshot shows a web browser window with the following elements:

- Browser Menu:** File, Edit, View, Go, Favorites, Help.
- Navigation Bar:** Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, Edit.
- Address Bar:** http://
- Page Header (802):** find a meeting | about us | my profile | site map | help | LOGOUT
- Navigation Links (806):** home, my plan, community, success stories, food & recipes, healthy life, fitness, just for me, shop.
- Journal Links (808a):** Journal | Weight Tracker | Progress Charts | My Favorites | POINTS® Calculators | Assessment | Tools for Living | Intro to eTools.
- my journal (904a):** Friday, Jan 25, 2002 | Target: 27 | Range: 22-27 | Bank: 3 | print day | print blank journal | user guide.
- Form Sections:**
 - Add Food (904b):** Step 1: Select a meal time: Morning (selected), Midday, Evening, Snack. Step 2: To add food, you can either: Search our food database (loast, FIND), Select a favorite (Select from My Favorites, ADD), Express it! Enter your food and its POINTS value: Food: POINTS: ADD.
 - Calendar (904c):** DELETE CHECKED ITEMS (918), SAVE & BANK.
 - Food Entry Table (910):**

Food Item	Quantity	Points
1 medium pear(s)	1	1
1 cup light artificially sweetened yogurt	2	2
1/2 cup General Mills Whole Grain Total	1	1
6 average almonds	1	1
Subtotal		5
Midday		
6 oz baked potato	3	3
1 oz low-fat cheddar or colby cheese	1	1
1/2 cup cooked broccoli	0	0
2 cup mixed greens	0	0
1 tsp olive oil	1	1
1tbsp vinegar	0	0
1 medium orange(s)	1	1
Subtotal		6
- Footer:** Need Help? Go to the Journal User Guide. Find tips from others on the Weight Watchers eTools Tip Exchange.

FIG. 9

10/28

1000

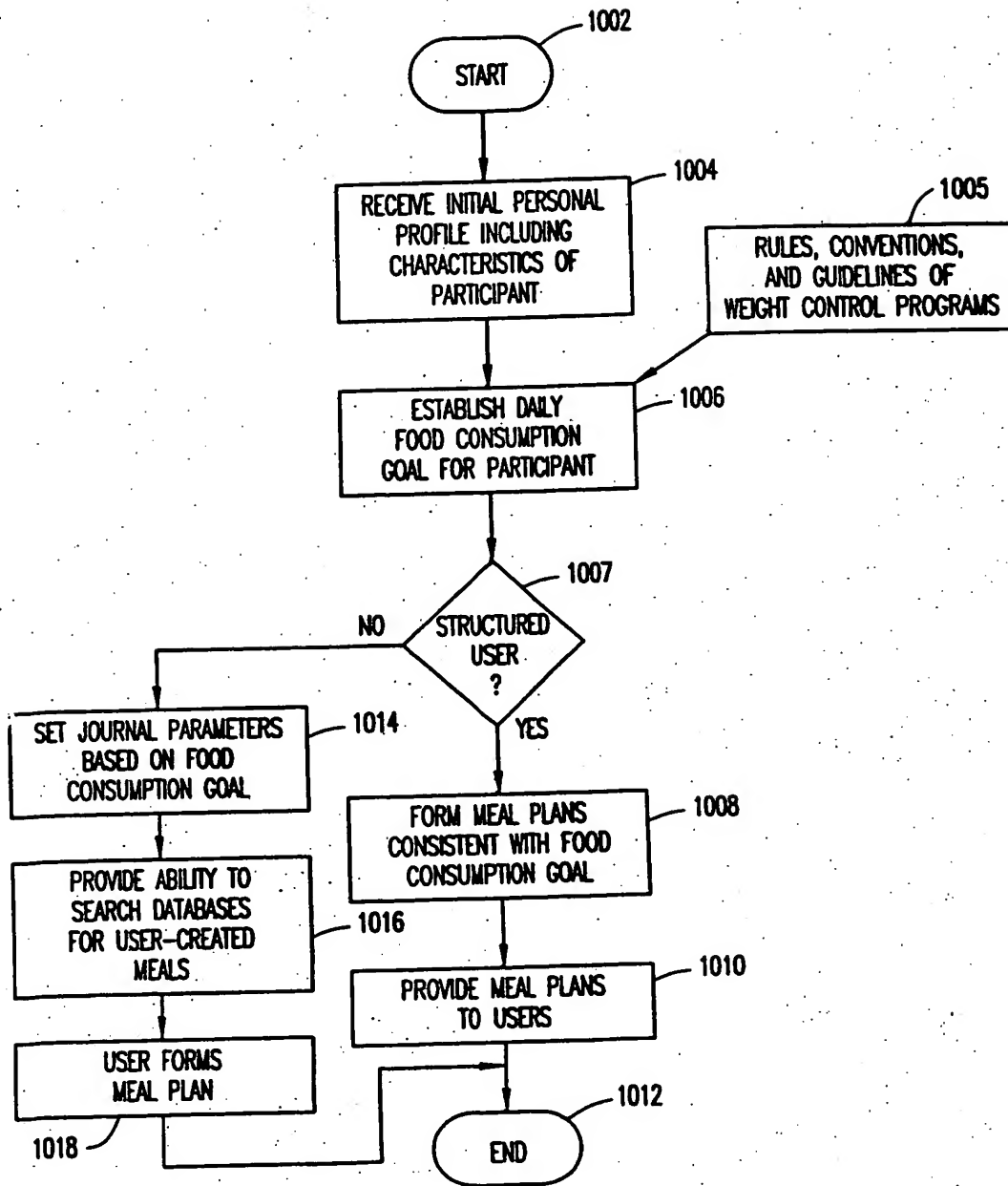


FIG. 10

11/28

900b

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address <http://>

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my journal ◀ Friday, Jan 25, 2002 ▶ Target: 27 Range: 22-27 Bank: 3 [print day](#) [print blank journal](#) [user guide](#)

904b 906

Add Food Add Exercise Notes Calendar

Step 1: To add an exercise, you can either:

- Search our exercise database or view all activities:

1104 1106

- Select a favorite:

- Express It! Enter your food and its POINTS value:

Food: POINTS:

[POINTS Calculator](#)

1102

[Need Help? Go to the Journal User Guide](#) [Find tips from others on the eTools Tip Exchange](#)

<input type="checkbox"/> 3/4 cup cooked brown rice	3
<input type="button" value="MAKE THIS MEAL A FAVORITE"/>	Subtotal 8
Snack	
<input type="checkbox"/> 1 cup light artificially sweetened yogurt	2
<input type="checkbox"/> 1/2 cup sugar-free fruit flavored gelatin	0
<input type="checkbox"/> 2 Tbsp aerosol whipped cream	0
<input type="checkbox"/> 1 Tbsp sprinkles	1
<input type="checkbox"/> 3/4 oz chocolate chips	2
<input type="button" value="MAKE THIS MEAL A FAVORITE"/>	Subtotal 5
Total Food POINTS used 24	
Total Food POINTS left for today 3	
Exercise	
<input type="checkbox"/> 30 min walking, leisure	1
Total Activity POINTS earned 1	
Check off daily on these important items	
Water	Multivitamin Supplement

Internet

FIG. 11

12/28

900c

my journal • Friday, Jan 25, 2002 • Target: 27 Range: 22-27 Bank: 3

914

906

my journal

Step 1: Select a meal time:
☐ Morning ☐ Midday ☐ Evening ☐ Snack

Step 2: To add food, you can either:
☐ Search our food database

☐ Select a favorite:

☐ Express It! Enter your food and its POINTS value:
Food: POINTS:
☐ POINTS Calculator

Find tips from others on the eTools Tip Exchange

☐ Calculate POINTS for recipes and food combos (e.g., coffee, milk & sugar)
☐ View your meal plans

DELETE CHECKED ITEMS **SAVE & BANK**

☐ Check All Total Food POINTS used 24

Morning

☐ 3 slice(s) crisp cooked bacon 4

☐ 2 large fried egg(s) 5

Subtotal 9

Midday

☐ 1 small serving(s) cooked lean beef steak 7

☐ 1 cup(s) fruit salad 2

Subtotal 9

Evening

Subtotal 0

Snack

Subtotal 0

1102 Total Food POINTS used 18

Total Food POINTS left for today 9

Exercise

☐ 60 min jogging 7

Total Activity POINTS earned 7

Check off daily on these important items

Water 1204 ☐ Multivitamin Supplement

☐ Fruits & Vegetables 1206 ☐ Milk & Milk Products

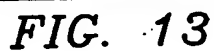
1202

DELETE CHECKED ITEMS **SAVE & BANK**

Internet

FIG. 12

900d



14/28

1400

806e

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meal plans

808c

my 7-day meal plan

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to weight loss tools

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[view next week's plan](#)

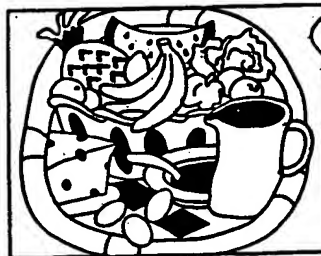
[see Daily View](#)

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Jan 23 - Jan 29

[add plan to my journal](#)



	POINTS
<input checked="" type="checkbox"/> THURSDAY	23
<input checked="" type="checkbox"/> MORNING:	
Almond Apricot Flakes	6
<input checked="" type="checkbox"/> MIDDAY:	
Turkey Roll	5
<input checked="" type="checkbox"/> EVENING:	
Orange-Lemon Scallops	7
<input checked="" type="checkbox"/> SNACK:	
Throughout the Day	5

	POINTS
<input checked="" type="checkbox"/> SATURDAY	24
<input checked="" type="checkbox"/> MORNING:	
From the Coffee Shop	5
<input checked="" type="checkbox"/> MIDDAY:	
Grilled Swordfish	6
<input checked="" type="checkbox"/> EVENING:	
Indian Take-Out	8
<input checked="" type="checkbox"/> SNACK:	
On the Go	5

	POINTS
<input checked="" type="checkbox"/> MONDAY	23
<input checked="" type="checkbox"/> MORNING:	
Apricot Yogurt Sundae	5
<input checked="" type="checkbox"/> MIDDAY:	
Super Salad	6
<input checked="" type="checkbox"/> EVENING:	
Quick Bite Before	7
<input checked="" type="checkbox"/> SNACK:	
Crunchy Snacks	5

	POINTS
<input checked="" type="checkbox"/> WEDNESDAY	23
<input checked="" type="checkbox"/> MORNING:	
Cheese Omelet	6
<input checked="" type="checkbox"/> MIDDAY:	
Veggie Chili	5
<input checked="" type="checkbox"/> EVENING:	
Apricot Turkey Br.	7
<input checked="" type="checkbox"/> SNACK:	
Snacks and Treats	5

	POINTS
<input checked="" type="checkbox"/> FRIDAY	24
<input checked="" type="checkbox"/> MORNING:	
Yogurt Topped Fruit	5
<input checked="" type="checkbox"/> MIDDAY:	
Cheese & Broc.	6
<input checked="" type="checkbox"/> EVENING:	
Soy Pork Soups	8
<input checked="" type="checkbox"/> SNACK:	
Savory Snacks	5

	POINTS
<input checked="" type="checkbox"/> SUNDAY	24
<input checked="" type="checkbox"/> MORNING:	
Raisin Nut Flakes	6
<input checked="" type="checkbox"/> MIDDAY:	
Turkey Sandwich w.	5
<input checked="" type="checkbox"/> EVENING:	
Baked Beef Fajita	8
<input checked="" type="checkbox"/> SNACK:	
Sweets and Treats	5

	POINTS
<input checked="" type="checkbox"/> TUESDAY	24
<input checked="" type="checkbox"/> MORNING:	
Apple-Almond Topp.	6
<input checked="" type="checkbox"/> MIDDAY:	
Bacon & Grill	5
<input checked="" type="checkbox"/> EVENING:	
Turkey-Squash St.	8
<input checked="" type="checkbox"/> SNACK:	
Sweet and Salty S.	5

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[Plan for Me-Plan](#)

[Special diet/Regular](#)

[POINTS range/22-27](#)

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FIG. 14

15/28

1500g

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meal plans

my 7-day meal plan

Using a meal plan is simple way to kick-start your weight loss. Whether you follow the meal plan to the letter or simply use it for ideas and inspiration is up to you. For help using the meal plan, [see our meal plan user guide](#).

[next day](#) | [weekly view](#)

WED Jan 23 | 23 POINTS

[update my meal plan](#) 1504

☒ MORNING:

[Swap for another meal?](#)

POINTS

- [Cheese Omelet](#) 6
- ☒ 3 medium egg white(s) 1
- ☒ 1 tsp basil 0
- ☒ 1 oz low-fat cheddar or colby cheese 1
- ☒ 1 slice high-fiber bread 1
- ☒ 1 cup canned fruit cocktail, packed in water 1
- ☒ 1 cup low-fat milk 2

1502

☒ MIDDAY:

[Swap for another meal?](#)

POINTS

- [Veggie Chili](#) 5
- ☒ 1 cup Health Valley Mild Vegetarian Chili 2
- ☒ 1 cup fresh vegetable sticks 0
- ☒ 1 Tbsp reduced-calorie salad dressing 1
- ☒ 1 cup grapes 1
- ☒ 1 slice toasted wheat bread 1
- ☒ 1 Tbsp I Can't Believe It's Not Butter! Fat-Free Margarine 0

☒ EVENING:

[Swap for another meal?](#)

POINTS

- [Apricot Turkey Breast with Cinnamon Squash](#) 7
- ☒ 4 oz boneless, skinless turkey breast(s) 3
- ☒ 1 Tbsp apricot jam 1
- ☒ 1 tsp ground ginger 0
- ☒ 3/4 medium acorn squash 2
- ☒ 1/8 tsp ground cinnamon 0
- ☒ 1 Tbsp light butter 1
- ☒ 1 1/2 cup green snap beans 0

☒ SNACK:

[Swap for another meal?](#)

POINTS

- [Snacks and Treats](#) 5
- ☒ 1 cup 0-POINT soup 0
- ☒ 1 cup fresh vegetable sticks 0

need help?

[Learn more and answer questions in our meal plan user guide.](#)

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FIG. 15A

1500b

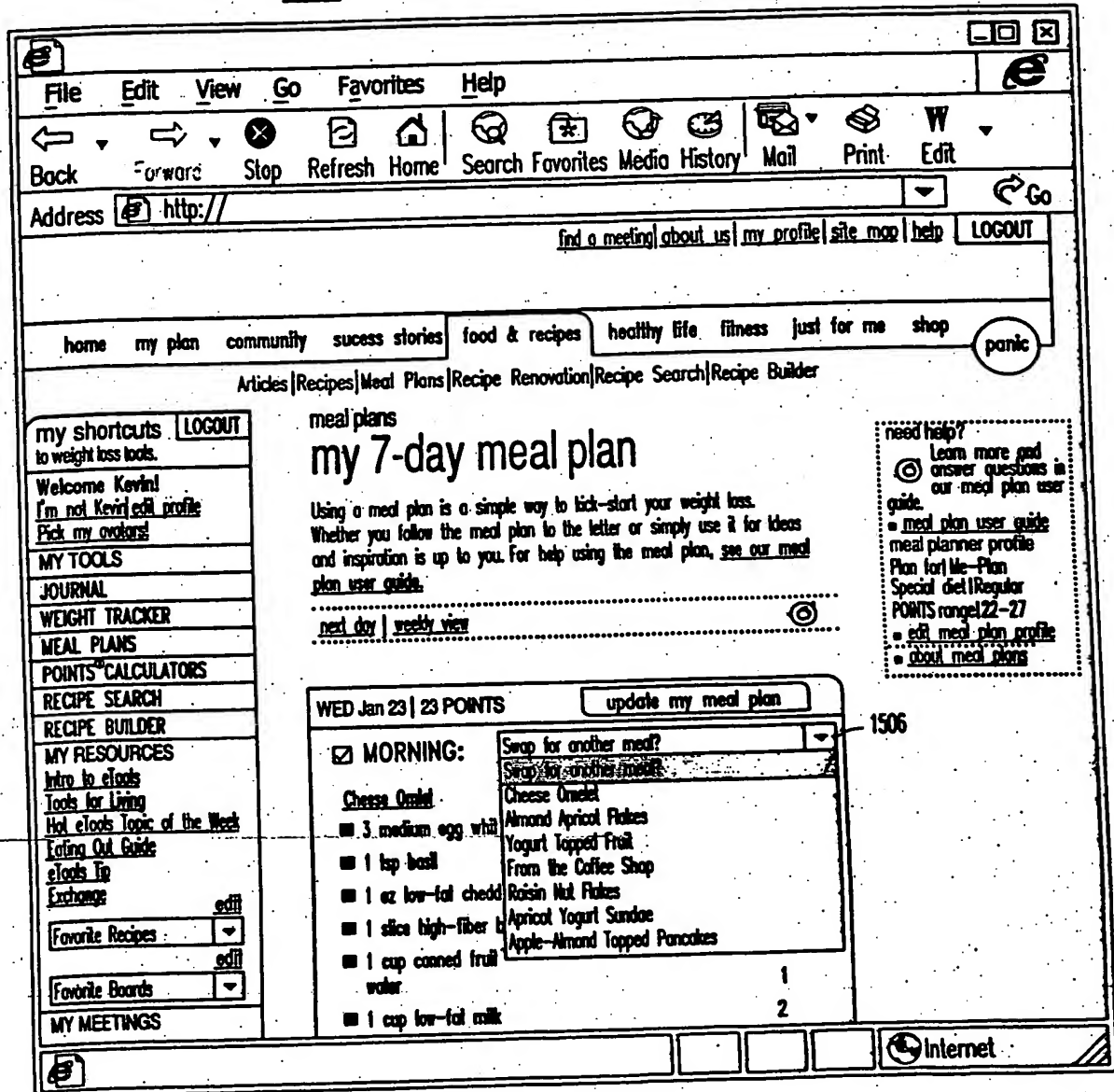


FIG. 15B

900e

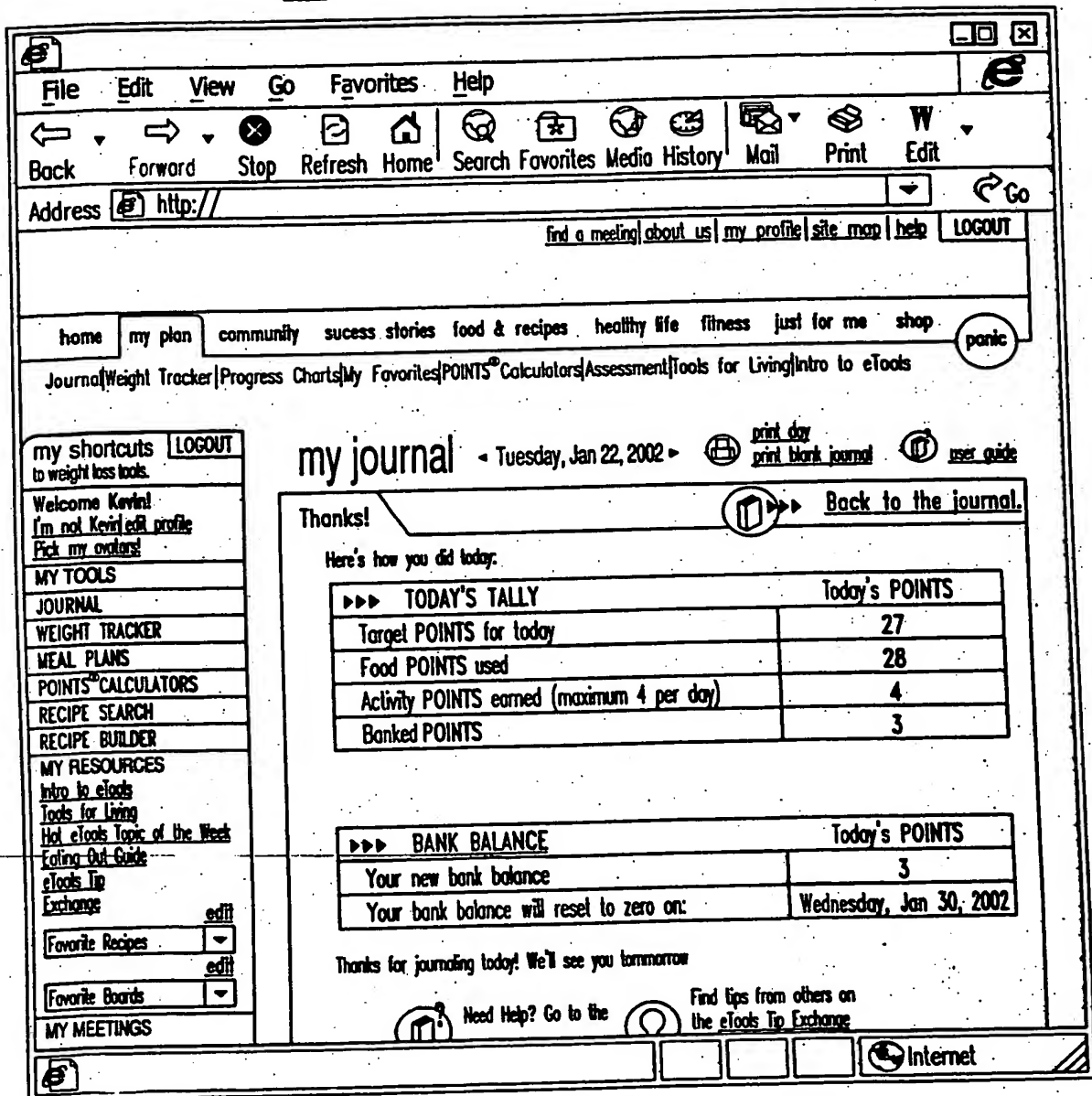


FIG. 16A

900f

The screenshot shows a web browser window with the following elements:

- Browser Interface:** Includes a menu bar (File, Edit, View, Go, Favorites, Help), a toolbar with navigation buttons (Back, Forward, Stop, Refresh, Home), and an address bar showing 'http://'. There are also buttons for Search, Favorites, Media, History, Mail, Print, and Edit.
- Page Header:** Contains links for 'find a meeting', 'about us', 'my profile', 'site map', 'help', and a 'LOGOUT' button.
- Navigation Bar:** Features a series of buttons: 'home', 'my plan', 'community', 'success stories', 'food & recipes', 'healthy life', 'fitness', 'just for me', and 'shop'. A 'panic' button is also present.
- Breadcrumbs:** A path of links: 'Journal' > 'Weight Tracker' > 'Progress Charts' > 'My Favorites' > 'POINTS' > 'Calculators' > 'Assessment' > 'Tools for Living' > 'Intro to eTools'.
- Journal Section:**
 - my journal** (with a sub-label '914' pointing to it)
 - Date: 'Tuesday, Jan 22, 2002'
 - Stats: 'Target: 27 Range: 22-27 Bank: 0'
 - Buttons: 'print day', 'print blank journal', and 'user guide'.
- Journal Summary:**

Your journal has been saved!

Below is a summary of your POINTS. Simply select the number of POINTS you wish to bank for the day and click "Yes"

Today's POINTS	
Target POINTS for today	27
Food POINTS used	28
Activity POINTS earned (maximum 4 per day)	4
Banked POINTS	3
- Banking Prompt:**

Are you done for the day and ready to BANK your POINTS?

Yes! Click "Yes" if you're done journaling for the day and want to bank any left over food or activity POINTS.

Buttons: 'no' (labeled 1604a) and 'yes' (labeled 1604b).
- Help Links:**
 - Need Help? Go to the Journal User Guide (labeled 1602)
 - Find tips from others on the eTools Tip Exchange (labeled 1604a)
- Footer:** An 'Internet' icon is visible in the bottom right corner.

FIG. 16B

20/28

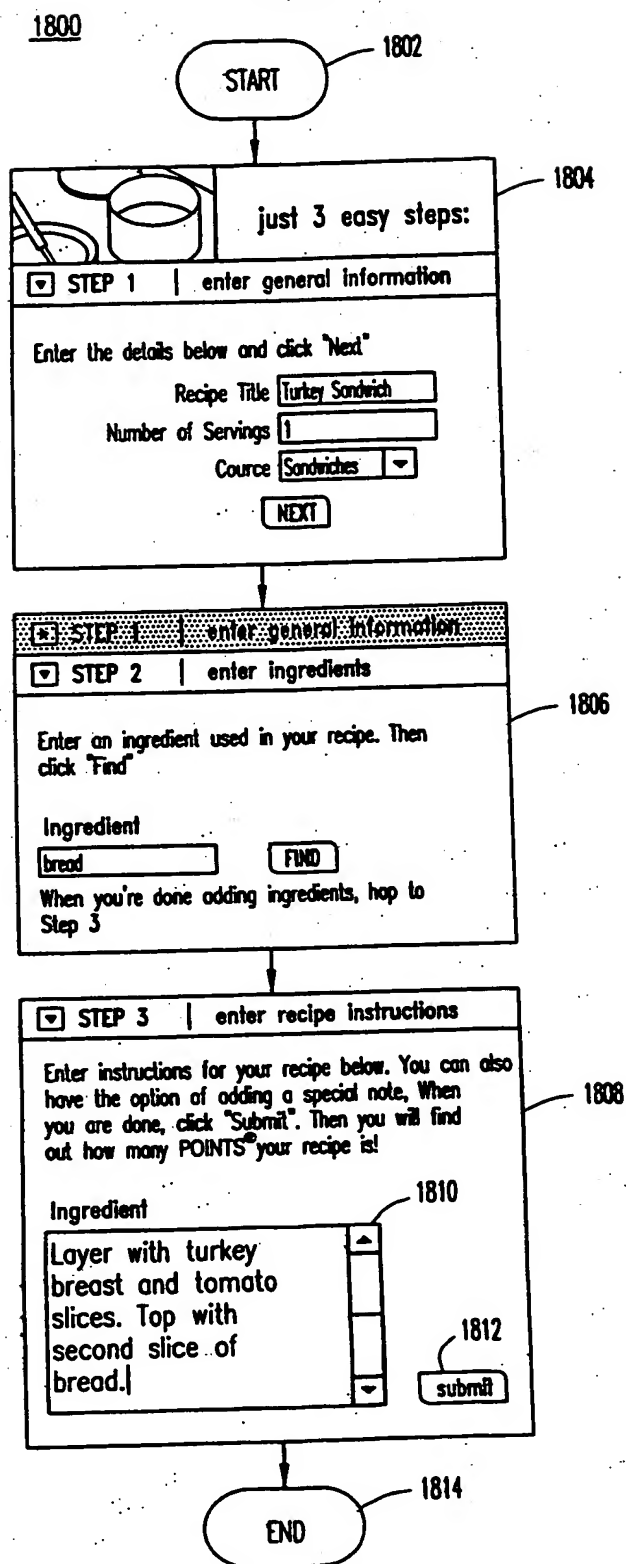


FIG. 18

21/28

806b

1900

find a meeting | about us | my profile | site map | help

LOGOUT

home | my plan | community | success stories | food & recipes | healthy life | fitness | just for me | shop

panic

Journal | Weight Tracker | Progress Charts | My Favorites | POINTS[®] Calculators | Assessment | Tools for Living | Intro to eTools

my shortcuts to weight loss tools. LOGOUT

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weight tracker

Wednesday, January 16, 2002

Total weight loss

10.0 LBS.

Most recent weight: 221.6lbs on 1/14/2002

POINTS Range: 22-27

Meeting day: Monday

1902

Milestones: 5

Thank You

VIEW PROGRESS CHARTS

Thank you for logging your weight this week!

Please return next Monday to log your weight.

Share stories on [Tales from the Scale](#)

ENTER PREVIOUS WEIGHT

health & safety

we put your health and safety first.

Learn about how your weight and weight-loss efforts can affect your health.

[What's your BMI](#)
[Effects of Rapid Weight Loss](#)

getting to weight goal

Whether you lost big this week or were a little disappointed,

remember to take time out to get inspired all over again.

[18 Ways to Reward Yourself](#)
[Create a Motivating Strategy](#)

learn more, weigh less

Make the scale your friend each week by getting tips from weight-loss experts and fellow dieters alike!

[The Great Weigh-In](#)
[20 Weight Loss Tips \(from Real Meeting-Goers!\)](#)

weight loss profile

Main

View & Edit Weights

Enter Previous Weights

Additional Information

Beyond the scale

Get a better grip on your weight-loss success the next time you carry groceries.

Click the pounds to see what you'd have to lift.

1lb | 5lb | 10lb | 25lb

4 sticks of butter

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FIG. 19

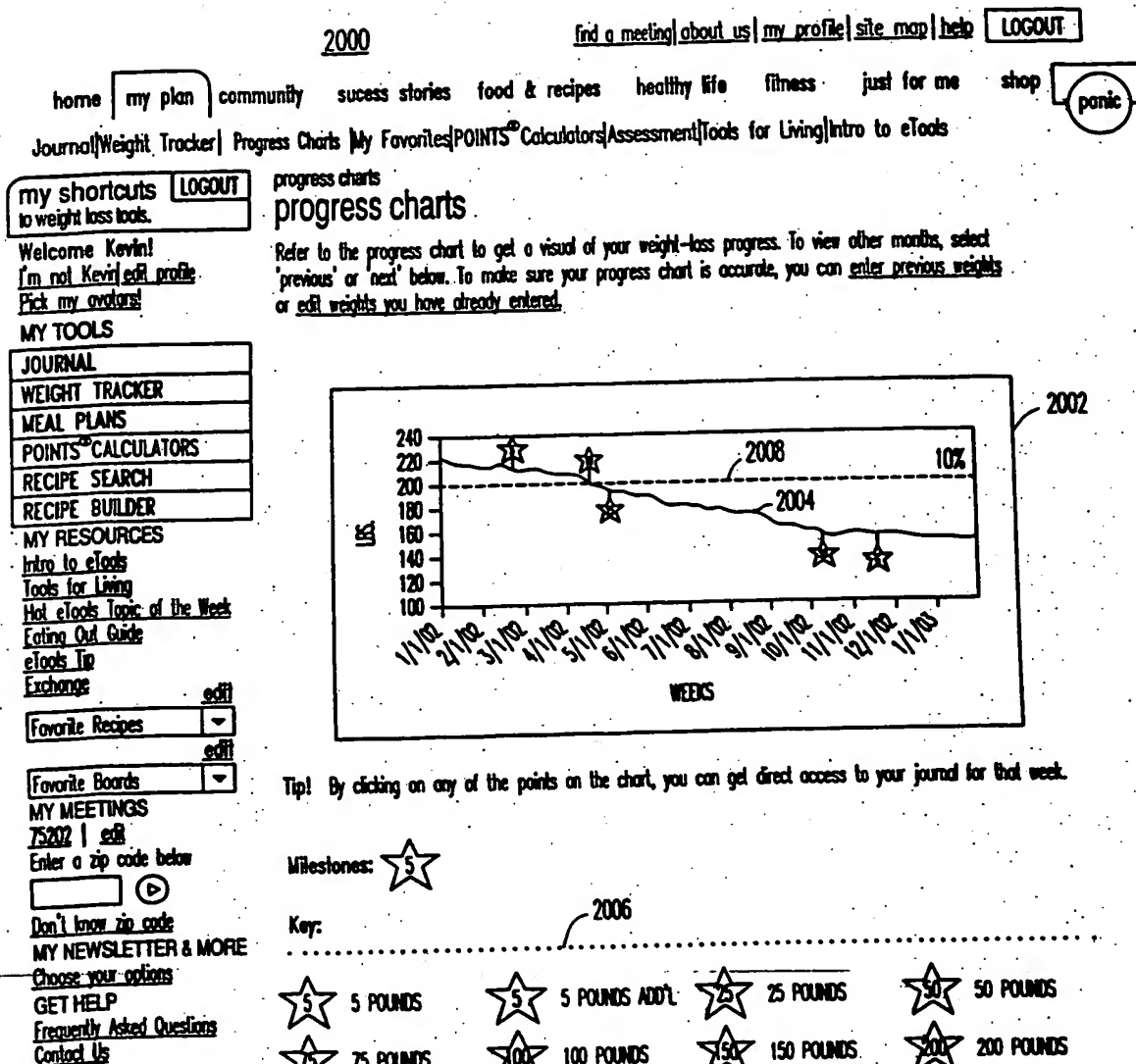


FIG. 20

2100

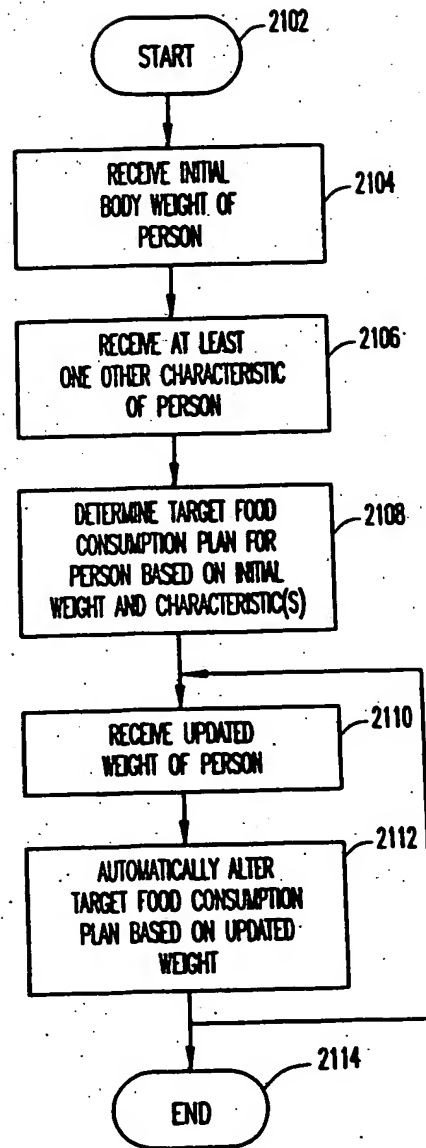


FIG. 21

2200

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826 **panic**

my shortcuts

LOGOUT

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2202

don't *panic!*

...we know how hard it can be.

Never trade what you want at the moment
for what you want most.

Everyone has moments of panic or days of stress, or even weeks when they're just frantic. That's why we've created the "Panic Page." It will help point you down the right path when you're stressed out about your weight loss.

First of all, we're here to provide the connections you need in order to talk to others who've been there. Get in touch and talk it over on our [message boards](#) and in our [chat rooms](#).

And read up on your rough spots, too. Here are some potential "Panic" situations. If one sounds familiar, click on the link for some sound solutions.

- [I want to lose weight, but I can't seem to get started.](#)
- [My weight-loss is at a standstill](#)
- [I've fallen off the wagon.](#)
- [I'm thinking of quitting.](#)
- [I gained this week.](#)
- [I can't do this](#)
- [I just ate a whole chocolate cake.](#)
- [I can't stop overeating!](#)
- [Everybody I know is losing weight except me.](#)
- [I'm stressed!](#)
- [My family and friends keep bringing me food!](#)
- [My spouse doesn't seem to want me to lose weight.](#)
- [I'm planning a vacation. How will I stay on track while away?](#)
- [My friends have asked me to go out to eat with them.](#)
- [I have zero POINTS left for the day!](#)
- [Somebody just said something really hurtful to me.](#)
- [None of my jeans fit me anymore!](#)
- [I'm too big to fit into a bus seat.](#)
- [I'm going to have to stand in front of a crowd. People will notice me.](#)
- [I feel so lonely.](#)
- [I'm bored with trying to lose weight.](#)
- [I'm frustrated with trying to lose weight.](#)
- [I hate exercising.](#)
- [I've lost my motivation.](#)
- [I feel thinner and look thinner, but I'm not losing pounds.](#)

your best resource

Thousands of people just like you use our chat and message boards for

inspiration and encouragement. See how they tackled the problems you face.

[chat with others now](#)
[go to newbie board](#)

your best resource

Our leaders provide the best answers to all your questions about weight loss.

[find a meeting](#)

get help

Paniccing cause you're having problems using some of the tools on our site?

[frequently asked questions](#)

FIG. 22

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address http://

find a meeting about us my profile site map help LOGOUT

home my plan community success stories food & recipes healthy life fitness just for me shop panic

Journal Weight Tracker Progress Charts My Favorites POINTS[®] Calculators Assessment Tools for Living Intro to eTools

my shortcuts to weight loss tools

Welcome Kevin!
I'm not Kevin? [edit profile](#)
[Pick my orders!](#)

MY TOOLS

JOURNAL

WEIGHT TRACKER

MEAL PLANS

POINTS[®] CALCULATORS

RECIPE SEARCH

RECIPE BUILDER

MY RESOURCES

Intro to eTools

Tools for Living

Hot eTools Topic of the Week

Eating Out Guide

eTools Tip

Exchange [edit](#)

Favorite Recipes [edit](#)

Favorite Boards [edit](#)

MY MEETINGS

75202 | [edit](#)

Enter a zip code below

Don't know zip code

MY NEWSLETTER & MORE

Choose your options

GET HELP

Frequently Asked Questions

Contact Us

my profile

edit public profile

Select another page in my profile...

Your public profile lets others using the site learn about you. To make a detail appear in your profile, check the "Add to public profile" box. You can also enter fun details, such as your favorite quote, below. When you are done, click "Submit."

Important: Any information you can consent to being publicly available can be seen by any user on this website. [Learn more about public profiles.](#)

2302 submit

2304

make public

☒ ☐ ☒ ☒ ☒ ☒ ☐ ☐ ☒

User name: John Smith

E-mail address: jsmith@workplace.com

Birthdate: 07/14/66

Gender: Male

Marital status: Single

Number of children: 0

Profession: Professional (e.g., doctor, lawyer)

Astrological sign: Cancer

My home page: <http://www.workplace.com>

Astrological sign: Beam me up, Scottie

Enter your start, goal and current weights below. It will display in this order in your signature: 180/169.4/141

Start weight: 223 lbs

Current weight: 221 lbs

Weight goal: 150 lbs

2306 submit

Internet

FIG. 23

2400a

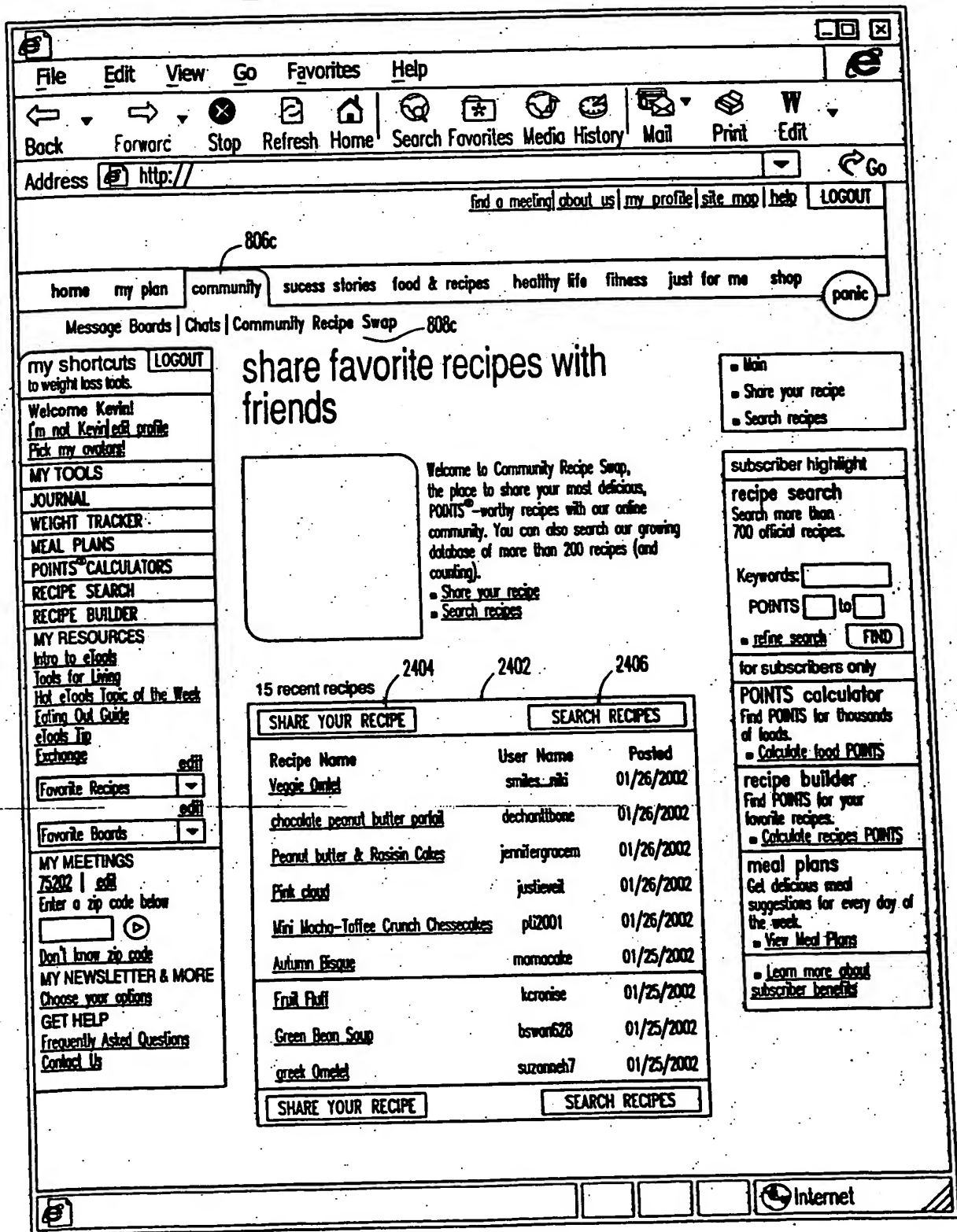


FIG. 24A

2400b

The screenshot shows a web browser window with the following elements:

- Browser Interface:** Includes a menu bar (File, Edit, View, Go, Favorites, Help), a toolbar with navigation buttons (Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, Edit), and an address bar showing 'http://'. There are also links for 'Find a meeting', 'about us', 'my profile', 'site map', 'help', and a 'LOGOUT' button.
- Navigation Bar:** Contains links for 'home', 'my plan', 'community', 'success stories', 'food & recipes', 'healthy life', 'fitness', 'just for me', and 'shop'. A 'panic' button is also present.
- Left Sidebar:**
 - my shortcuts:** 'to weight loss tools.', 'Welcome Kevin!', 'I'm not Kevin! edit profile', 'Pick my orders!'
 - MY TOOLS:** 'JOURNAL', 'WEIGHT TRACKER', 'MEAL PLANS', 'POINTS CALCULATORS', 'RECIPE SEARCH', 'RECIPE BUILDER'.
 - MY RESOURCES:** 'Intro to eTools', 'Tools for Living', 'Hot eTools Topic of the Week', 'Eating Out Guide', 'eTools Tip', 'Exchange'.
 - Favorite Recipes:** A dropdown menu with an 'edit' link.
 - Favorite Boards:** A dropdown menu.
 - MY MEETINGS:** '7/20/02 | edit', 'Enter a zip code below', 'Don't know zip code'.
 - MY NEWSLETTER & MORE:** 'Choose your options', 'GET HELP', 'Frequently Asked Questions', 'Contact Us'.
- Main Content Area:**
 - community recipe swap** (labeled 806c)
 - share your recipe** (labeled 808c)
 - Sharing your personal recipes is easy!** To swap your recipe, simply fill in the details below and click "Submit". Why not include a special note letting others know why you love the recipe and how it's helped you stick to your POINTS®.
 - IMPORTANT:** You should only swap your personal recipes and not recipes that are someone else's or that you copied from publications such as cookbooks or magazines.
 - Form Fields:**
 - Recipe Title:** Input field (labeled 2410).
 - From the Kitchen at:** Input field (labeled 2412).
 - Meal Course:** Dropdown menu (labeled 2412).
 - Number of Servings:** Input field (labeled 2414).
 - Estimated POINTS per serving:** Input field (labeled 2416).
 - Ingredients:** Text area with a vertical scrollbar (labeled 2418).
 - Instructions:** Text area with a vertical scrollbar (labeled 2420).
 - Special Notes:** Text area with a vertical scrollbar (labeled 2422).
 - Buttons:** 'RESET' and 'SUBMIT' buttons (labeled 2424).

FIG. 24B

2400c

The screenshot displays a web browser window with the following elements:

- Browser Interface:** Includes a menu bar (File, Edit, View, Go, Favorites, Help), a toolbar with navigation buttons (Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, Edit), and an address bar showing "http://".
- Navigation Links:** A horizontal bar contains links: home, my plan, community (labeled 806c), success stories, food & recipes, healthy life, fitness, just for me, shop, and a panic button.
- Left Sidebar:**
 - my shortcuts:** to weight loss tools.
 - Welcome Kevin!** I'm not Kevin [edit profile](#). [Pick my avatars!](#)
 - MY TOOLS:** JOURNAL, WEIGHT TRACKER, MEAL PLANS, POINTS CALCULATORS, RECIPE SEARCH, RECIPE BUILDER.
 - MY RESOURCES:** Intro to eToots, Tools for Living, Hot eToots Topic of the Week, Eating Out Guide, eToots Tip Exchange.
 - Favorite Recipes:** [edit](#)
 - Favorite Boards:** [edit](#)
 - MY MEETINGS:** 7/5/2002 | [edit](#). Enter a zip code below.
 - MY NEWSLETTER & MORE:** Choose your options.
 - GET HELP:** Frequently Asked Questions, Contact Us.
- Main Content Area:**
 - community recipe swap** (labeled 808c): **share your recipe**.
 - Browse or search more than 2000 user-recommended recipes below.
 - 2426:** browse recipes [All] [FIND]
 - 2428a:** search Search by: ☒ recipe name ☐ user name
 - 2428b:** Enter Name: [] [FIND]
 - 2430:** refine search. Search for any combination of categories below. The more options you choose, the more refined your search will become.
 - 2432:** Estimated POINTS®. Range: [] to []
 - 2434:** Meal Course selection:

<input type="checkbox"/> Beverages	<input type="checkbox"/> Light Meals	<input type="checkbox"/> Side Dishes
<input type="checkbox"/> Breakfast	<input type="checkbox"/> Main Meals	<input type="checkbox"/> Snacks
<input type="checkbox"/> Cakes	<input type="checkbox"/> Sandwiches	<input type="checkbox"/> Soups
<input type="checkbox"/> Desserts	<input type="checkbox"/> Sauces	
 - 2436:** Posting Date. Search for recipes posted in the last [All Dates] (labeled 2438).
 - [FIND]
- Right Sidebar:**
 - Main:**
 - Share your recipe
 - Search recipes
 - subscriber highlight:**
 - recipe search:** Find what you're craving. Search more than 700 official recipes.
 - Go to Recipe Search
 - Learn more about subscriber benefits
 - for subscribers only:**
 - POINTS calculator:** Find POINTS for thousands of foods.
 - Calculate food POINTS
 - recipe builder:** Find POINTS for your favorite recipes.
 - Calculate recipes POINTS
 - meal plans:** Get delicious meal suggestions for every day of the week.
 - View Meal Plans
 - Learn more about subscriber benefits

FIG. 24C